



Mac and Cheeseless for 6

Makes: 6 servings

Prep Time: 1 hour 30 minutes

Baking Time: 30 minutes

Equipment:

- **4 L** pot
- **very large** mixing bowl
- **1 12"x18"** baking pan

Macaroni:

- **4 L** water
- **1 tbsp** sea salt
- **2 lbs.** elbow macaroni (soy semolina)

Bring the water to a rapid boil in a 4L pot. Add macaroni and return to a boil. If you use salt, you can add it to the boiling water. Cook for about 10 minutes. Macaroni ought to be al dente or firm but not hard; do not over cook. Drain and rinse with cold water until all macaroni is rinsed and cold, then set aside.

Cheeseless Sauce

- **3 cups** nutritional yeast
- **2 cups** unbleached white flour
- **1 tbsp** garlic powder
- **1 tbsp** sea salt (opt.)
- **4 cups** boiling water

- **¼ cup** vegan margarine
- **3 tbsp** wet mustard

In a large mixing bowl, combine nutritional yeast, flour, garlic powder and salt if desired. Mix well. Add boiling water, one quart at a time, using a whip to stir. Add mustard and mix well. You may also add margarine. Place the prepared macaroni in each of the baking pans. Cover with the cheeseless sauce, making sure to coat each piece of macaroni. Sprinkle toasted sesame seeds or bread crumbs over the top, and bake in 350F oven for 30 minutes or until it is hot and bubbling. Serve hot. (This dish freezes well.)

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